

What is claimed is:

1. A vibration absorbing padding, comprising:  
a padding body formed by a multi-layer material comprising:  
a first elastomeric layer of vibration absorbing material which is substantially free of voids therein;  
a second elastomeric layer which includes an aramid material therein and that is disposed on the first elastomeric layer, wherein the aramid material distributes vibration to facilitate vibration dampening; and  
a third elastomeric layer disposed on the second elastomeric layer.
2. The padding of claim 1, wherein the padding is configured for use as part of a shoe.
3. The padding of claim 2, wherein the padding is configured as a sole of the shoe.
4. The padding of claim 2, wherein the padding is configured as a sidewall of the shoe.
5. The padding of claim 2, wherein the padding is configured as an insole of the shoe.

6. The padding of claim 2, wherein the padding is configured as an insert for the shoe.

7. The padding of claim 1, wherein the padding is configured to be a headband.

8. The padding of claim 1, wherein the padding is configured to be a floor mat.

9. The padding of claim 1, wherein the padding is configured for use as part of a glove.

10. The padding of claim 9, wherein the padding is configured for use as part of a baseball glove.

11. The padding of claim 1, wherein the padding is configured to be worn by a user.

12. The padding of claim 11, wherein the padding is part of a piece of headgear.

13. The padding of claim 11, wherein the padding is part of a piece of upperbody clothing.

14. The padding of claim 11, wherein the padding is part of a piece of lowerbody clothing.

15. The padding of claim 1, wherein the aramid material forms an open mesh.

16. The padding of claim 1, wherein the aramid material forms an imperforate sheet disposed within the second elastomeric layer.

17. The padding of claim 1, wherein the aramid material forms a plurality of individual strips that are substantially parallel to each other.

18. The padding of claim 17, wherein the plurality of individual strips are generally equally sized.

19. The padding of claim 1, wherein the aramid material forms a plurality of individual strips of different sizes that are substantially parallel to each other.

20. A vibration absorbing padding, comprising:

a first elastomeric layer adapted to absorb vibration, the first elastomeric layer being substantially free of voids therein;

a second elastomeric layer which includes an aramid material therein and that is disposed on the first elastomeric layer, the aramid material comprising a plurality of individual strips of aramid of different sizes, wherein the amramid material distributes vibration to facilitate vibration dampening, the second elastomeric layer being substantially free of voids therein;

a third elastomeric layer that is disposed on the second elastomeric layer, the third elastomeric layer being substantially free of voids.

21. A vibration absorbing padding, comprising:

an first layer adapted to absorb vibration and being formed by an elastomer that is substantially free of voids therein;

a second layer which includes an aramid material therein and that is disposed on the first layer, the aramid material comprising a plurality of individual strips of aramid of generally equal sizes, wherein the amramid material distributes vibration to facilitate vibration dampening, the second layer being substantially free of voids therein, the plurality of individual aramid strips being generally parallel to each other; and

a third layer formed by an elastomer that is substantially free of voids.